



Broadmead

VOICE OF THE RESIDENTS

VOL. IV, NOS. 10, 11, 12

COCKEYSVILLE, MD.

JULY, AUG., SEPT. 1983

RESIDENTS ASSOCIATION HAS BANNER YEAR

KATHALEEN V. KENNEDY RE-ELECTED PRESIDENT OF RES. ASSOC. WITH SLATE OF NEW OFFICERS

At the fourth annual meeting of the Residents Association on June 6, Kathaleen V. Kennedy was re-elected to her second term as president, to the delight of the huge crowd that filled the auditorium and most of the lounge.

Reportedly, Kathaleen was reluctant to accept a second term because of her conviction about the democratic values served by an annual change of officers.

Fortunately, the Nominating Committee was convinced that democracy and the welfare of the Residents would be best served by Kathaleen's leadership and the committee prevailed.

The members of the Nominating Committee included Kenneth Walker, chairman, Mildred Beck, G. James Fleming, Dorothy Graham, Agnes Levy, David McIntyre, and Emily Schilpp.

Officers elected at this meeting, for fiscal 1983-84, are, without exception, veterans, who in the past have made significant contributions to a range of Broadmead activities. They are: Winifred Kinn, first vice president; Leopold Bridge, second vice president; Vivian I. Cord, secretary; and Max Hitchman, Treasurer. James Willan is second-year representative to the Board of Trustees and Claire Walker, newly elected representative for a two-year term.

(See page 5 for biographical sketches)

PRESIDENT'S REPORT

In a low key address Kathaleen reported a strikingly successful year.

She briefly sketched a picture of the responsibilities laid down in the Association's Constitution and the achievements which showed unmistakably how effectively members have built "upon the accomplishments of past years" to more than fulfill the letter and spirit of these responsibilities.

Referring to the "formative years," (Jan. 1980-June 1983) Kathaleen told how the Association got off the ground financially with \$500 from the administration and \$20 each from Residents who wished to donate it. Subsequently the Barn Sale, the Country Store, the Sew-and-So Group, and the Woodshop have become reliable sources of revenue.

The Barn Sale alone has earned \$17,000 since its beginning; the \$500, long since, has been repaid; and in May, according to the treasurer's report, the Association contributed \$5,000 to the Hallowell expansion fund.

With little fanfare and much cooperation and hard work from Residents, ".... activities groups have provided a wide range of opportunities for Resident participation and pleasure," expanding to include exercise groups, the Men's Informal Social Hour, and bowling. A burgeoning "Wednesday Programs," reported at the meeting by the chairman, Dorothy Graham, soon will be given a new name to encompass

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RESIDENTS ASSOCIATION

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its expansion.

Reports from the committee chairmen will be placed in the library by Kathaleen and in her opinion "are well worth taking time to read."

Shifting to a different area, Kathaleen noted, "A continuing responsibility of the Association is to promote the participation of Residents in making decisions in matters which affect their daily lives. At Broadmead, the decision-making process is made possible through the open channels of communication between the Trustees, the Administration, and the Residents...."

"We believe that the Trustees want to hear from us and work with us. Probably one of the most significant evidences of this is what developed this year in Health Care Services....We all know what has happened....As of this date, from contributions made by Residents and other sources, the needed funds have been raised and plans for construction will continue...."

"The accomplishments of the Residents Association during the past year are the result of the continuing work of many interested Residents with the cooperation and assistance of the Administration and Staff of Broadmead."

The response of the overflow audience attested that, under Kathaleen's leadership, the Association has had a banner year.

--D.K.

TEN BEAUTIFUL WORDS

Wilfred J. Funk, lexicographer, once listed what he considered the ten most beautiful words in the English language ---"beautiful in meaning and in the musical arrangement of their letters". His list: dawn, hush, lullaby, tranquil, mist, luminous, chimes, golden, and melody.

--Source unknown

14 FOOD SERVICE AIDES WEAR CAPS AND GOWNS IN COLLEGE AND HIGH SCHOOL CEREMONIES

As happens every June, several of the young men and women connected with the Food Services of Broadmead were graduated from college and high school this year, according to Betty Loud of the Food Service office.

Beth Uhler, a hostess, received the Associate of Arts degree from Essex Community College and will enter Towson State University in the fall, while Brenda Paul, a Health Care Unit server, received a Certificate as Dietetic Assistant from Community College of Baltimore.

Sharon Hannibal graduated from Hereford High, and Laurie Bosley from Dulaney High. Both serve in Health Care.

Dining Room servers who graduated from high school are Barbara Horne, Dulaney High, and the following from Hereford High: Nick Averella, Kevin Boblits, Kim Isennoek, Lori Jordan, Colburn Lee, Jenny Mueller, Melinda Purkey, Robin Stiffler, and Kathy Snodgrass.

Kathy Snodgrass will enter the Medix School in the fall.

Many, many congratulations to these young people from the entire Broadmead family.

--GJF

A BARN SALE EXTRA!

Come join us on Wednesday, July 6, at the Center on the lower level. We're having a clearance sale of clothing left over from the Spring event, at 50% off ticketed prices.

Don't miss this opportunity to expand your summer wardrobe.

We'll be there - so you be there!

Wednesday, July 6, 1983
10:30 A.M. - 3 P.M.

V.I.C. and M.P.

RICH COMPTON BIDS FOND FAREWELL TO BROADMEAD LEAVES TO BECOME DIRECTOR OF NEW CENTER

With mingled sadness and satisfaction Broadmead learned that Rich Compton will leave here on July 15 to become Executive Director of Duncaster. This is a private, non-profit lifetime-care center modeled on the Quaker pattern like ours, though built by a mixed group of concerned citizens rather than by Quakers. Opening in the spring of 1984, Duncaster, located near Hartford, Connecticut, has a setting comparable with Broadmead.

Waiting for them in the nearby town of Simsbury is the Comptons' new house on 1½ acres of partly forested land, backing up to a game refuge. Rich's pictures are inviting. In his typical forward-looking manner, Rich has left time to pack up here and visit his parents in New England before beginning his new job on August 1.

It should have been no surprise to the interviewer arriving in Rich's orderly office to find that he was a step ahead as usual. Wanting to say good-bye to the Residents himself, he had a letter all ready for the Voice.

Dear Residents,

It is with the greatest pride that I will always be able to relate to people at "Duncaster" that I was associated with Broadmead at the commencement of my career in continuing care retirement center administration. From each of you I have, over the past three years, gained new insights and increased my knowledge base in this very exciting industry.

As I prepare to embark on an exciting new career challenge, I know that I leave behind good friends and memorable experiences. I will reflect on this often with mixed emotions. It is my fervent hope that my service here has better enabled Broadmead to accomplish its mission and enhanced in some measure the quality of life for the people I have come to love in our Community.

Sincerely yours,
Rich Compton

"What about those eight beautiful African violets lined up on your window

sill?" asked the interviewer.

Those will go to staff members with whom Rich has been closely associated, and who are fond of violets. But the handsome marble paperweight on his desk, inscribed with his name and the words, "Outstanding Young Man of America," will go with him. It is one more evidence that Rich's generous commitment was not limited to working hours in the Broadmead community, but extended outside to neighborhood, church, schools, and youth sports activities. The Towson Presbyterian Church, too, will miss him after he has served but a few months as secretary of the trustees, and so will the Red Cross to which he is a 3-gallon donor.

That Rich has a stellar efficiency, Broadmead Residents will have no trouble believing. Sometimes it is hard to believe, when an occasion arises to talk with Rich, that he can be so easily accessible, so willing to listen, and apparently free to devote the day to the Resident's concern.

Since graduating from Gettysburg College in 1969 with a top average, he has acquired a master's degree in social work, a wife Linda, and children Rich (12) and Katie (6), - and all this including 2 years of serving administratively in the army and 6 years with the Baltimore City Department of Social Services before he came here in June 1980.

Of course, Martin Trueblood would

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VOICE TO TAKE BREAK

In order to provide a summer vacation for the staff, there will be no issue of the Voice in August or September.

We look forward with enthusiasm to resuming publication in October and, in the interim, wish each of you a most pleasant summer.

--Editor

RICH COMPTON

(Continued from page 3)

have liked to work longer than these 3 years with Rich, though he always knew Broadmead could not hold him as long as Martin wished. "Rich will leave a hole, but on the other hand, his work has plugged enough holes here so that the task of finding and training a successor will not be insurmountable!" was the comment.

In complete agreement on "the importance and dignity of all people," the Director and his Associate have worked happily together. Among the many lasting features Rich has helped to create for Broadmead, Martin cited especially the "special days," the employees' party in December, the annual staff planning retreat in March, very significant input with Food Service, and exciting suggestions for the coming Hallowell addition.

"Which part of your work at Broadmead did you like the most?" was the curious question. Rich had a ready answer: the preparation of the budget, and working with Residents on special activities. The first was a tremendous education; the second was fun.

About one of those special activities, Isabella Jinnette, president of the drama group, said: "Rich Compton was the mysterious person who initiated the idea which developed into the Broadmead Players. Losing his administrative support and personal talents will be keenly felt by the group."

Another appreciative compliment came from Woody Jenkins, head of personnel at Broadmead: "Opportunities present themselves quite often when a person does not feel prepared for them, but Rich has done what many people might be afraid, or not feel ready, to do."

Greatest tribute of all was Martin's comment that he is "pleased to see people of Rich's quality become heads of communities. This will help the industry."

It will also help the Residents, as all Broadmead knows.

--Claire Walker

ABOUT FIRESIDE CHATS

The once-a-month Fireside Chats are an excellent way of keeping in touch with the workings of Broadmead. Residents can give helpful information as well as ask questions of the Administration. The meetings are held on the second Monday of each month at 10:30 in the Lounge. All Residents are invited to attend. We especially urge new Residents to come as a way of getting their feet wet in the mainstream of Broadmead concerns.

The idea for this give-and-take came from Pennswood, the retirement community on the campus of George School.

--D.G.

Music Appreciation Course

Sister Theresine, former head of the Music Department of Notre Dame College, will return to Broadmead this fall to offer a course on "Nature in Music." This six weeks course starts Thursday, Sept. 8, at 11 a.m., and will continue each Thursday morning for one hour.

Residents who, last autumn, enjoyed "Music for Fairy Tales" are granted their wish to continue the experience and many who missed it, as well as new residents, can plan to share "Nature in Music."

To meet expenses a small fee will be necessary, dependent on the number attending.

For a preliminary count, notify Elizabeth Muller, B-8, of your intention to attend. Another notice will follow.

--Elizabeth Muller

"Sir Amice Pawlet, when he saw too much haste made in any matter, was want to say, 'Stay awhile, that we may make an end to this sooner'."

Advancement of Learning,
Bacon, 1561-1626

DEADLINE FOR NEXT ISSUE SEPTEMBER 13.

BIOGRAPHICAL SKETCHES OF NEW OFFICERS

Brief biographical sketches of the three officers who are new to the board this year are presented to supplement those of the other officers which appeared in the July 1982 issue of the Voice.

Secretary

Vivian Cord is a native Baltimorean. She went to Towson State, augmented intermittantly by graduate work at other universities, to prepare for her life's work in the field of education.

In her varied and stimulating career, she was a classroom teacher, a supervisor, a principal, and director of a district of elementary schools, all in Baltimore City.

In addition, she taught supervision and educational administration in the evening colleges at Loyola and Hopkins.

Since coming to Broadmead her activities include: work in the Country Store, the Food Service Committee, feeding and visiting on Hallowell Hall, and assisting with the Barn Sale. She is a member of the editorial staff of the Voice and one of its regular contributors.

Treasurer

Max Hitchman was reared and educated in Vienna, Austria, where he earned doctoral degrees in Law and Political Science at the University of Vienna. He also received a degree similar to C.P.A.

Max and his wife, (Dr. Irene Hitchman), after some harrowing war-time experiences, arrived in the U.S. in 1940. He was licensed as a C.P.A. in N.Y. City. They then moved to Maryland.

Max worked for the Maryland Paper Box Co. for more than 30 years, part of this time as the firm's comptroller.

Max's chief interests and current study are in Political Science and Theoretical Business Administration. Since coming to Broadmead he has generously volunteered each year to use his accounting skills on behalf of individual Residents, helping with income tax returns, and has served as co-chairman of the auditing committee of the Residents Association.

Representative to the Board of Trustees

Claire Walker is a Californian who migrated to the east for her college education. After a stint of high school teaching, she entered the doctoral program in Education at the University of Minnesota, but, in her own words, "forsook it to make an alliance with Ken..." They have two sons, one daughter-in-law, and three grand children.

Claire taught history and related subjects at Friends School (Baltimore) for more than 28 years. Her interests broadened to include language, (especially Russian), Theosophy, religion, and "miscellaneous organizing activities arising at school and in Quaker Meeting."

When asked about her Boardmead activities, Claire comments, "I have not been able to resist many new opportunities peculiar to Broadmead....Transportation, the Barn Sale, Voice, Health Care, and Volunteers....and even try gardening. Wonderful life!" She is also leader of the weekly New Age Study meetings.

Walk Softly

Upon returning from a trip, Harry Patton (K-7) found that he had new neighbors--a pair of mockingbirds building a nest in the crown-of-thorns which he had hung outside his front door. As he watched, they pushed the longer twigs in from the outside, then descended into the plant from above to pull the twigs into place, "much as we use a needle," he aptly described it.

"I prepared a tray of raisins and apple and instructed the local residents to walk and talk softly. Should this delightful building project attract large crowds, there will be a tax deductible fee of three raisins."

When a thing was new people said, "It is not true." Later, when its truth became obvious, people said, "Anyway it's not important," and when its importance could not be denied, people said, "Anyway it is not new."

--William James - Johns Hopkins
Alumni Omnibus. Courtesy Claire Walker

YOU TOO CAN LEARN TO ZIP, CLIMB, BEND

Have you noticed lately that many Broadmead residents now have rosier cheeks, brighter eyes, and springier steps? Have you seen them walking rapidly around the perimeter road or pacing briskly up to the center, straight of back and chin at the level?

The reason is not just that spring has arrived or that the weather has become more clement; no--these active, alert residents are usually members of the Broadmead Physical Fitness Classes. These classes, which meet every Wednesday and Friday mornings in the recreation room, provide an opportunity for participants to develop flexibility and strength in an atmosphere of fun and fellowship. Unlike the boring repetitions of most exercise sessions, these physical fitness programs include an exciting variety of activities designed to use all the lazy muscles in the body and to increase cardiovascular strength, balance, and coordination. Tai Chi, ballet, Yoga, calisthenics, and even the Charleston and tap steps are part of the creative curriculum.

Central to the success of the physical fitness program is Mrs. Sylvia Lambros, the instructor. Dedicated and enthusiastic, she inspires her students to accomplish the goals she sets for them based on individual needs and abilities.

Sylvia has conducted programs for executives to release stress, choreographed routines for stage productions, and taught sport-skill-strength and health-related movement for 15 years. She comes well-equipped for her task, having studied classical ballet at the Peabody Conservatory and completed studies in movement, dance therapy, and health-related subjects at Goucher College.

If you have a secret desire to be able to lean over and put on your shoes without groaning, or to zip up that back zipper without calling in a neighbor, or to climb out of the bathtub without wishing for a crane, or any other such feat of acrobatic skill, perhaps you, too, should join one of the Physical Fitness Classes. Your goal does not have to be as advanced as any of these listed; it can be as one participant stated succinctly, merely to "stay alive."

--Lois Hart

Family Affairs

Elizabeth Heminway, coming from Germany to visit her parents, Residents Elizabeth and Carl Hilgenberg, provided the occasion for a happy family reunion. While here, in her second appearance, as reported by Elizabeth Muller, "she gave Broadmead a radiant vocal recital on June 17." A happy occasion for all of us.

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Broadmead Resident Frances Dunning recently attended the dedication of the new location of Johns Hopkins University's Dunning Park. Both the park and Dunning Hall were named in honor of her late husband, Dr. J. H. Fitzgerald Dunning. The new park contains a pagoda and animals sculptured by Benjamin Bufano.

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The International Ballet Competition in which Resident Harry Patton's niece, ballerina Janie Parker, was the only gold medalist in the senior division is scheduled to be shown on Maryland Public Broadcasting (Ch. 8 at Broadmead) on August 17 from 9 to 11 under the title of "Dance for Gold." Residents are advised to check PBS's August programs in case there is a change in programming.

Item: Remember to set thermostats at 70°
½ hour before housekeeping aides arrive.

Item: Be sure to sign your name on items sent to the Voice.

Item: Let Howard know where, in the clusters, water accumulates in the rain.

Item: The Voice welcomes letters from Residents.

TRUSTEES' 1983-84 BUDGET PRESENTED AND EXPLAINED AT MEETING WITH RESIDENTS

(The following report of this meeting was prepared by Malvern Gross, Chairman of the Residents Assoc. Budget and Finance Committee, at the invitation of the editor.)

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Broadmead management sponsored an evening meeting in the auditorium on June 13th to explain to Residents Broadmead's up-coming budget for 1983-84, and to give them an opportunity to ask questions. Needless to say, the auditorium was full. Before this, of course, everyone knew that the monthly fees would be rising 7.8% on July 1.

The meeting was conducted by Lois Forbush, Chairman, Board of Trustees; Charles McCarthy, Chairman, Budget and Finance Committee; and D. Martin Trueblood, Executive Director. Each Resident who attended received a three-page summary. This can be obtained by other interested Residents at the Information Desk.

Charles McCarthy assured everyone that Broadmead is in sound financial condition. In answer to a question from George Conner about the size of the increase in monthly fees as compared to the Consumer Price Index, he pointed to two major causes: 1) wage rate increases, which account for 4.9% of the increase, and 2) a one-million dollar mortgage increase, the interest on which accounts for 1.9%.

Why the mortgage increase? Half is being used to help pay off a 2nd mortgage, and half to start a fund to be held in reserve against some unexpected emergency. This action is in accord with the original mortgage agreement.

Martin Trueblood made the interesting observation that while Broadmead might be considered socially liberal, it was financially conservative. He also said that as a result of an expressed interest on the part of employees, he was establishing "Increased Communication" as the theme for next year.

Mal Gross, Chairman of our Residents Association Budget and Finance Committee, was quoted by Martin as giving management a B+ rating in a May report to our Board

of Trustees. Mal confirms this, but says it should be viewed in the context of what else was said at that time, namely: "We regret that it has not been possible for management to keep the monthly fees from rising - percentage-wise - more than the Consumer Price Index....I personally think a fairly good management job is being done in comparison with other non-profit organizations of our type. Let's say a B+ performance. With respect to 'tender-loving-care' I would give management a solid A."

New Residents

BRUCK, GABRIELE (Mrs. Eric C. R.) K-12 667-4592. Coming from Frankfurt - Milan - London - Richmond, Va. - Baltimore, Md., now seeking to make port in Broadmead. Her field of study has been political science and economics, her last occupation teacher of foreign languages. Her retirement and recreational interests are in music, the arts, literature.

STOKES, MARJORIE H. (Mrs. John C.) N-6, 628-2113. Mrs. Stokes has been a resident of New York City for many years. Her strong interest in foreign and international affairs led to volunteer work with the Mayor's Commission for the United Nations. Through this she formed continuing friendships with foreign nationals which resulted in reciprocal visits to many countries, including three visits to India.

Mr. and Mrs. Stokes were married at Broadmead by Dr. Guthrie Speers on May 17, 1983.

YNTEMA, ELIZABETH (Mrs. Chester) J-12 628-6815. Mrs. Yntema moved to Broadmead from Syracuse, N. Y. where her late husband was professor of anatomy at the N. Y. Upstate Medical Center. She does ceramics, enjoys bridge, and is interested in investigating all aspects of community activities here.

---Katherine Dow

Apartment Moves

FAGANS, PHILIP has moved from M-8 to T-373. No change in telephone.

DON'T TINKER WITH U.S. CONSTITUTION THEME OF JUDGE KAUFMAN'S TALK

"The U.S. Constitution, as it is, is good enough for the rest of this century and for the Twenty-first Century" was the gist of the talk given by Frank A. Kaufman, chief judge of the U.S. District Court for Maryland, at the closing of the 1982-83 season of the Broadmead Discussion Group.

This conclusion Judge Kaufman accented several times, as he examined the Constitution, article by article, on May 26, in the Auditorium.

He said that with some flexibility of interpretation and with certain sections of the society correcting their own weaknesses and lapses, the Constitution could last for a long time. He included judges and lawyers among the groups that must monitor and improve themselves.

In answer to a question, Judge Kaufman acknowledged that often trivialities are allowed to prolong cases and called on the legal profession to tighten its practices and processes.

He defended the justice system, however, against charges that it permits criminals to get off too lightly. Pointing to Article IV of the Bill of Rights on "Search and Seizure," he held that it is better for one offender to get away than to have a country where the police can enter private homes at any time and under any pretense to search and seize, "except where there is probable cause" and the action is "reasonable."

Judge Kaufman came down especially hard on those who claim that Article II of the Bill of Rights gives every individual the right to carry guns. He said the article, on "The Right of the People to Bear Arms shall not be infringed," was addressed to the right of each state to have its own "well-regulated militia....necessary to the security of a free state," to use the words of the Constitution.

Despite his enthusiasm for the Constitution, as it is, and for its designers, Judge Kaufman is no reactionary, no worshipper of the past for the past's sake. More than once he pointed out that the real problem has to do with what each

generation reads into the Constitution and how the courts interpret its meaning. This will continue regardless of what "tinkering" is done to the present document

A staunch supporter of democracy, he said, "If and when the American people, not just a few audible ones, want a constitutional convention to create a new Constitution or rewrite the present one, the people have the right to hold such a constitutional convention....but the time is not now." He gave a number of reasons against a constitutional convention.

Judge Kaufman was born in Baltimore City, attended Friends School, Dartmouth College, and Harvard Law School. He was admitted to the Maryland bar in 1940, held several significant government positions during World War II, and was engaged in private practice for about 20 years before being named to the federal bench in 1966.

--C. James Fleming

Dogs, Cats, and Trains

In May, Penny Pentz and Sandy Krome (Occupational Therapist and Assistant Occupational Therapist) arranged a trip to the Maryland SPCA on Falls Road in Hampden for Hallowell and Taylor Halls. The Residents who went were Charles Hampton, Alice Neumann, John Pocock, Gilbert Richardson, Rena Roney, and Walter Uebel. Accompanying them, in addition to Penny and Sandy, were Marie Cunningham, Herbert Neumann, Jo Anne Jordan (our student Social Worker), and Judy Hall (our bus driver).

In addition to dogs and cats, the SPCA has a number of farm animals, which were of especial interest to the erstwhile farmers of the group, Walter Uebel and Charlie Hampton.

Another trip took place in June, this time to Mount Clare Station and the B & O Transportation Museum in the Roundhouse. The same Residents went, with the exception of John Pocock. A picnic lunch was enjoyed each time.

--D.G.

NEXT ISSUE SAT., OCT. 1.

FIRESIDE CHAT HIGHLIGHTS

The fireside chat, never a one-way street but a place for lively give-and-take, touched on various aspects of our daily living, in the June 13 meeting with Martin Trueblood and Rich Compton. Concerns about cats, birds, and rabbits, for example, received due attention:

The cats in this area of the state are not rabid. If cats wandering on our grounds appear to be sick or are a nuisance please inform maintenance. Normally nothing can be done except on week days.

To be kind to birds, do not feed them at this time of year. To be kind to Residents send a note to Howard about identified nesting places in the carports so that he can have them screened.

Also in the above category, let Gil know if there were items that you do not like on the menus of the 5-week cycle which ended mid-June.

To help the housekeeping aides, be sure to turn down the air conditioners to 70° a half hour before they are due.

Martin announced that the Residents Association would distribute the vacation gift funds to employees about June 14. The maximum gift will be \$165.00, with 197 employees participating. Residents' contributions exceeded \$20,000 this year, up from last year.

The new parking lot is ready for use with firmly crushed gravel top. It will be black-topped this fall. This should relieve parking problems. It would be especially appreciated if, when able, Residents will park in the lower circle and use the elevator, on Sunday noons and holidays, which are the busiest times.

On a more somber note, in view of Rich's imminent departure (see elsewhere in this issue) a search is under way for his replacement. Martin will welcome suggestions from Residents. He expressed confidence in the strong administrative staff members, one of whom will be given

key responsibility during Martin's absences for meetings and vacation.

On a broader note, Martin called attention to medical insurance coverage when away from Broadmead. Residents should be familiar with the limits of Broadmead's financial responsibility when travelling in the U.S. Provisions are in the Residents' Care agreement. Outside the U.S., Broadmead has no responsibility for medical costs of any kind. Medical insurance can be purchased for each trip with the travel agency.

Arrangements are under way for a travel agency to provide service on the grounds beginning about July 1.

From Our Patio

Instead of flowers' perfume
We are smelling spray for bugs,
Moth balls for the rabbits,
And stale beer for the slugs.

--Margaret Nelson

AIDES GET GERIATRICS CERTIFICATES

In a presentation ceremony in the auditorium on June 1, seven geriatric aides received certificates showing that they had completed 60 hours of special training in Broadmead's Geriatric Aide Training course, fulfilling the state requirement and up-dating their skills in this specialty.

Congratulations to the recipients: Colleen Callen, Pamela Dodd, Sue Derrenberger, Thelma Guy, Lynn Miller, Stephanie Trasko, and Eve Wyatt.

All deserve special commendation for completing this course while working full-time on their jobs on Hallowell Hall.

Barbara Frederick and Anne Laidlaw conducted the training, the first such course at Broadmead.

KENT LARRABEE FINDS THAT U.S. STEREOTYPES
DO NOT REPRESENT THE RUSSIAN PEOPLE

Kent Larrabee, Quaker psychotherapist, spent nearly a year (1982) in a walk for peace across Europe. On May 23 he shared some of his illuminating experiences and some of his slides with a large Broadmead audience. His theme, "Russians are People Too," became clear in his varied observations about the many Russians he talked with and the cordial way he was received by everyone he met.

The walk for peace was to raise the consciousness of people everywhere to the danger of nuclear chaos. In March, 1982, a group of 15 flew to Scotland, walked across England and the Continent to Czechoslovakia, where they were refused permission to cross the border. Larrabee, however, continued on alone as far as Finland, where he again was refused entrance to the USSR. He then joined a YMCA group from Germany and flew into Leningrad with them. To his great surprise he was welcomed in Leningrad and found no restrictions whatever on his travel or activities.

Larrabee emphasized that he is not a student of East-West relations and he approached Russia with the usual stereotypes. His experience was a personal and spiritual one, and he learned rapidly that our stereotypes do not represent the Russian people. For example, contrary to many of our notions: The Russian people are intensely interested in peace. They want no more war after losing 20 million of their countrymen in WW II. There is a strong Leningrad Peace Committee which spends 2 million rubles a year to promote peace--money that is contributed by individuals. A large Moscow Peace Committee is part of the national network. One of the Cosmonauts is a member of this Committee.

When Larrabee distributed peace leaflets on the street in Leningrad, he found passers-by much interested in his material, which was eagerly passed from one to another. Everyone wanted to shake his hand. Eventually he was taken to the police department, but was cordially received and freed in a very short time. This was the only time he incurred any interference.

The Russian people want complete nuclear disarmament; they fear that the United States will start a nuclear war. They like the people of the United States, but not the policies of the U. S. Government.

Church population is growing rapidly. At an Orthodox seminary the number of student priests has more than doubled. At a Baptist church, 6000 regularly attend services.

To counter President Reagan's frequent statements that Russia is the focus of all evil, Larrabee quotes Thomas Merton: "War is the main enemy," and says that the great delusion is that we are always right and the Russians are the "bad guys" and are always wrong.

--Helen Criley

A Feast for the Ears

On June 10, Jeffrey Einig opened his piano program, which he called "A Feast for the Ears," with four Bach Sinfonias. Although his playing of Bach seemed rather stilted, he soon redeemed himself by warming up to the six numbers of Opus 38 from Mendelssohn's "Songs Without Words." He emphasized the melody delightfully--a welcome change from the Bach.

He next played the first movement of Beethoven's Sonata in C Major, Opus 2 & 3, with great force, which, judging by the applause, was just what the audience wanted. His final number was from "Images-1st series" by Debussy. As an encore, and in contrast to his planned program, Jeffrey gave us a sample of Gershwin's rhythm.

--Eleanor Matthews

1982-83 Annual Reports of

Residents Assoc. Committees

will be found in the library.

MOVIES

Tuesdays 7:00 p.m. Place: Auditorium

JULY 5 - "MR. ROBERTS" (2 hrs.-color)
A comedy drama of heroic dimensions, measuring the price of Freedom. Henry Fonda, Jack Lemmon, and Jimmy Cagney won many awards for this heart-grabber.

JULY 12 - "BARNABY AND ME" (94 min.-color) - 1978. Filmed in Australia's Out-Back with zany Sid Caesar and Barnaby, a lovable Koala "bear". Don't miss it!

JULY 19 - "POMPEII - ONCE THERE WAS A CITY" (25 min.- color). This 1975 documentary explores the ruins after Vesuvius erupted in 79 A.D.

JULY 26 - "LILIES OF THE FIELD" (97 min.) Sidney Portier won the 1964 Oscar for Best Actor in this film classic. One critic called it "Joyous." You'll feel better for having seen it.

SPECIAL NOTE TO LATE COMERS

The frequent opening of the rear doors disturbs the darkness required for proper projection. You'll enjoy the movies all the more from the very beginning. Please plan to eat earlier on Tuesdays. Thank you!

HALLOWELL HALL MOVIES

Tuesdays 3:00 p.m. Place: West Lounge

JULY 5 - "Baltimore" (20 min.)

JULY 19 - "Pompeii - Once there was A City" (25 min.)

High Teas will be resumed the last Sunday in October.

FLASH! For new programs in August and September, see your monthly calendars and watch bulletin boards.

PROGRAMS

(In the Auditorium unless otherwise noted)

SATURDAY, JULY 2 - 7:15 - Biography of Paul Revere (film)

WEDNESDAY, JULY 6 - 10:30-3:00 - Half-price Barn Sale in Lower Hall

SATURDAY, JULY 9 - 7:15 - Talk on CALC and the food situation in Nicaragua - by John Springer

MONDAY, JULY 11 - 10:30 - Fireside Chat in Lounge

SATURDAY, JULY 16 - 7:15 - Slide-talk on trip to Galapagos Islands by Kay Hunt

WEDNESDAY, JULY 20 - 1:30 - Program by the Broadmead branch of the Valley Travel Agency, followed by refreshments

SATURDAY, AUGUST 6 - 7:15 - "Facts, Fiction, and Fun on the Potomac River" by Frederick Tilp

THURSDAY, AUGUST 18 - "Why Health Care Costs have Skyrocketed," talk by Mal Gross

On Thursday, August 18, at 7:15, in the auditorium, Mal Gross will talk on "Why Health Care Costs have Skyrocketed --And What This Means to Lifecare Communities." Mal has spent most of his life in health care industries, primarily as an engineer. He began in the research lab of General Electric, working to improve X-ray equipment and developing the electrocardiograph and diathermy. During the war he visited more than 150 army hospitals as Technical Liaison Officer. For the last six years of his work he was industrial engineer for the Rochester Regional Hospital Council involving 30 hospitals.

DEADLINE FOR NEXT ISSUE SEPTEMBER 13.

LETTERS

Dear Residents:

Programs in the auditorium are sponsored by various groups: the Administration, Health Care/Residents Health Care Committee, the Discussion Group, the Music Committee, the Movie Committee, the Broadmead Players. The rest of the programs come under my committee, working at times with one of the above-mentioned organizations. Basically we plan a program for every other week, usually on Saturday night since the attendance is better than on Wednesday afternoon. Sometimes opportunities for more arise and we try to take advantage of them.

With all of the programs, Bob Martin's Committee (Ruth Bristol, Mal Gross, Bob Mason, Ed Stein) works closely, dependably, and very helpfully to provide microphones, projectors, and other equipment as needed. I want to thank them publicly and make sure the community is aware of their vital service to the programs.

The chairs are usually set up by Judy Hall, our bus driver, with help from other members of the staff at the reception desk, under the direction of Nancy Grant--another vital service from which we all benefit and for which I specifically want to thank Judy and her crew.

We have a budget of \$500 from the Residents Association. Most speakers have come without charge, so the policy has been to give them dinner. The most paid for one program has been \$60, so we have been able to keep within the budget.

Twenty-four of the 36 programs under my committee this past year were suggested by Residents, and six were given by Residents. Helen Bodine took charge of the fashion shows from the shops and Margaret Bouchelle organized the Broadmead show. My deepest thanks to both of them. I also want to thank Malcolm Dill and Dave McIntyre for their dining room announcements.

As you can see, the Residents are an integral part of the programs. I want to thank everyone who has given a suggestion, whether we were able to use it or not.

What a tremendous help you have been! Please keep the suggestions coming, whether they are specific programs or comments in general.

And I do want to thank my committee, which so far consists of Marge Easter, Draza Kline, Claire Stieff, and Erna White for their advice and their help when I needed them. If any of the other Residents would like to join the Committee, do let me know.

Yours,
Dot Graham, R-17

PROGRAM NOTES

In the spirit of Independence Day weekend a film on the life of Paul Revere will be shown in the auditorium Saturday, July 2, at 7:15. The film is part of the series which includes the story of Pearl Buck, shown at Broadmead last year.

CALC and the food situation in Nicaragua will be the topic by John Springer on July 9 at 7:15 in the auditorium. He is the Food Coordinator for CALC and has recently returned from a trip to Nicaragua. CALC is the acronym for Clergy and Laity Concerned, a multi-church organization dealing with social problems.

Slides of the Galapagos Islands will be presented by Kay Hunt, former teacher at Bryn Mawr School and life-long member of the Unitarian Church. Since retirement Mrs. Hunt and her husband have traveled extensively. The program will be given on Saturday, July 16, at 7:15, in the auditorium.

Frederick Tilp, friend of Resident Harry Patton and member of the Chesapeake Bay Foundation, will give a slide-talk on "Facts, Fiction, and Fun on the Potomac River," Saturday evening, August 6, at 7:15, in the auditorium. He is the author of This Was Potomac River and The Chesapeake Bay of Yore.

NEXT ISSUE SAT., OCT. 1.

DR. MAXWELL WEISMAN ON ALCOHOLISM

Dr. Maxwell Weisman, introduced at the May 11 program by Dr. Alice Tobler, of the Residents Health Care Committee, was the speaker on use and abuse of alcohol. His humor and his profound knowledge of all aspects of his subject swept the audience along on a voyage of exploration into the complexities of the disease of alcoholism.

In 1969 it was discovered that 10,000,000 Americans were alcoholics--one in ten. Which ones and why? No one knows as yet. Certain people who start sipping end up gulping alcohol. They become addicts, can no longer control their intake. It changes their personalities, ruins family relationships, leads to law-breaking and crime, adversely affects job performance.

Women are not immune to this disease. Children of 9 or 10 become addicts when exposed to the excesses and irresponsible permissiveness of their parents.

Many people use alcohol as a sedative to smooth the tensions of daily living. The "need" for a drink is seen in trembling, sweating, blackouts when the person can't remember what happened.

There are two important facts everyone should remember: 1) It is perfectly acceptable to refuse a drink. 2) There is only one known cure for alcoholism--no alcohol.

It is possible for a person to recover from the disease. Alcoholics Anonymous will show him how to remain abstinent. Individually and in group therapy the members of A. A., themselves former addicts, can reach the sick alcoholic.

Some answers to questions from the audience: Use of methadone to ease symptoms of withdrawal sometimes increases problems. Tranquilizers are sometimes lethal when combined with alcohol. A 12-oz. can of beer is the equivalent of a martini.

Dr. Weisman suggested each of us could learn a great deal by going to an A.A. meeting. He would be glad to advise us about bringing a meeting to Broadmead.

Let Ruth Ring, R-5, know if you'd like to hear the tape of the meeting.

--Ruth F. Ring

In Memoriam

EVELYN T. KIDDER

April 25, 1892

June 10, 1983

You can't depend on your eyes when your imagination is out of focus.

--Mark Twain

Two sorts of truth: trivialities, where opposites are obviously absurd, and profound truths, recognized by the fact that the opposite is also profoundly true.

--Niels Bohr

Johns Hopkins Alumni Omnibus, Feb. 1983. Courtesy Claire Walker

VOICE OF THE RESIDENTS

Published by and for
The Residents Association of Broadmead
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Mildred Tyson, Treasurer

Mailing Address: Broadmead G-2
13801 York Rd., Cockeysville, Md. 21030

28810

Dr. Maxwell Weisman, introduced at the Key II program by Dr. Alice Tobler, of the Residents Health Care Committee, was the speaker on use and abuse of alcohol. He has a long and distinguished knowledge of all aspects of his subject and was enthusiastic in his approach to the subject of alcoholism.

In 1969 it was discovered that 10,000,000 Americans were alcoholics—one in ten. When one asks why no one knew as yet, certain people who were sitting and upholding alcohol. They became addicts, then no longer control their intake. It changes their personalities, ruins family relationships, leads to law-breaking and crime, adversely affects job performance.

Women are not immune to this disease. Children of 9 or 10 become addicts when exposed to the stresses and responsibilities of their parents.

Many people use alcohol as a sedative to smooth the roughness of daily living. The "need" for a drink is used in wrestling, sweating, drinking when the person can't remember what happened.

There are two important facts everyone should remember: 1) It is perfectly acceptable to refuse a drink. 2) There is only one known cure for alcoholism—no alcohol.

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Dr. Weisman suggested each of us could learn a great deal by going to an A.A. meeting. He would be glad to advise us about bringing a meeting to Broadmead.

Let Ruth Ring, R-2, know if you'd like to hear the tape of the meeting.
Ruth F. Ring

You can't depend on your eyes when your imagination is out of focus.

—Mark Twain

The words of Twain's statement, where opposites are typically mixed, and profound truths, recognized by the fact that the opposite is also profoundly true.

—Alice Tobler

Johns Hopkins Alumni Center, Feb. 1, 1983. Courtesy Dottie Walker

VOICES OF THE ANONYMOUS

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EDITORIAL BOARD

James K. Rice, Editor

Myra G. Boudreau, Assistant Editor



Broadmead

13801 York Road
Cockeysville, Maryland 21030

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Mailing Address: Broadmead R-2
13801 York Rd., Cockeysville, Md. 21030